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**RELATIONSHIP BETWEEN CELL PHONE OVER USE AND INTERNET  
ADDICTION AMONG NURSING STUDENTS AT SELECTED COLLEGE,  
CHENGALPATTU DISTRICT**

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**ABSTRACT**

Cell phones have turned out to be a nearly vital portion of day-to-day life. Cell phone overuse has become wide problem in the world. Internet Addiction is a recent occurrence that looms to advance into a main communal well-being problem in the near forthcoming in world. It is persuading the life of the public specifically students. **Aims:** 1) To assess the level of cell phone overuse and internet addiction among nursing students selected college. 2) To determine the relationship between cell phone overuse and internet addiction among nursing students selected college. 3) To associate the cell phone overuse and internet addiction among nursing students at selected college. **Materials and Methods:** Research approach was quantitative and design was descriptive research design. The samples were elected by means of convenient sampling method and comprised of 231 nursing students. The instruments of the study were: Section A - Demographic variables; Section B – Cell phone Overuse Scale (COS) was used to assess the mobile phone addiction. It was established by Jenaro *et al.*; Section C - Internet Addiction Test (IAT) scale to evaluate the internet addiction among nursing students, devised by Dr. Kimberly Young. Both the scale encompasses of 20 items. Information collected were analysed by using descriptive and inferential statistics. **Results:** The results show that there is high significant correlation between “Cell Phone Overuse” and “Internet Addiction”. **Conclusion:** Nursing students have to recognize the significance of Cell phone use as

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well as for beginning and upholding public effort to avoid the damaging effects of overuse and internet addiction.

**Keywords: Cell phone overuse, Internet addiction, world, Nursing students**

## INTRODUCTION

Cell phone use has reached great growth in India and in the world. Cell phone overuse is also called as smartphone addiction, mobile phone overuse, or smartphone overuse. Recent research found that opposing effect of abusing technology, "cell phone overuse" has been projected as a subsection of arrangements of "digital addiction", or "digital dependence", showing growing pattern of obsessive behaviour among handlers of technological devices [1]. Excess use of cell phones can be connected with undesirable consequences on psychological and bodily health, in adding to having an effect on in what way handlers interact communally [2]. Nowadays, communication with societal mass media be indebted to the usage of cell phone, which is well-thought-out as the utmost prevalent and overriding culture in globally [3].

Approximately seven hundred million internet users are present in India across the country in 2020. By 2025 it is predicted that this may increase to nine hundred and seventy four million users which denotes a huge marketplace probable in network facilities for South Asian country. India has been graded as the 2<sup>nd</sup> largest online marketplace in the year 2019.

The quantity of network users was predicted to rise in equally in rural and urban areas [4].

In current years, cell phone plays an vital part in telecommunications all over globally, since of price of cell-phone usage drops and use of phone increases [5, 6]. Internet addiction too disturbs individuals academic and proficient development and family relationships negatively [7, 8].

Nastaran Norouzi Parashkouh *et al*, conducted a cross sectional study to evaluate the prevalence of internet and mobile phone addiction among 581 high school Iranian students. Results showed that 53.7%, 37.5% and 8.8% which meant normal, mild and moderate level of internet addiction. The mean score of COS was 55.10±19.86 showed high, moderate and low level of mobile phone addiction which concluded that percentage of cell phone and internet addiction were high among study participants [9].

## METHODOLOGY

Quantitative research approach and design was descriptive research design was used. Study variables were level of cell phone overuse and internet addiction while the demographic variables are age, Gender, Course, Year of the study, Place of

Residence, Sim Card, Type of Social Network and Number of hours spent on the internet / Day. The nursing students who satisfied the inclusion criteria were selected as sample. The samples were elected by means of convenient sampling method and comprised of 231 nursing students. The instruments of the study were: Section A - Demographic variables; Section B – Cell phone Overuse Scale (COS) was used to assess the mobile phone addiction. It was established by Jenaro *et al.* ; Section C - Internet Addiction Test (IAT) scale to evaluate the internet addiction among nursing students, devised by Dr. Kimberly Young. Both the scale encompasses of 20 items. The content of the instrument was recognized on the basis of views of Nursing experts. Recommendations were included in the demographic variable tool. Tool reliability was recognized by test retest technique for and the ‘r’ value was 0.88. Information collected were analysed by using descriptive and inferential statistics.

### ETHICAL CONSIDERATIONS

The proposal was accepted by the dissertation committee of SRM College of Nursing, SRM IST Kattankulathur, Chengalpattu District. Guarantee was given to the samples that anonymity of every individual will be kept confidential and they are allowed to withdraw from the study at any time. The investigators explained the aims and methods of data

collection and particulars about the study were described to the samples. The confidentiality about the data and finding were assured to the participants.

### RESULTS

**Table 1** shows that 40.3% of nursing students were in the age of 19 and 20 years, 91.8 % of students were females, majority 81.4% of students were studying in the B. Sc Nursing course, 30.7% of them were in first year, most of them 55.8% resides in hostel, 61.5% of students use only one SIM card, 72.7% of students use WhatsApp as their social network and 51.1% students spend 1 – 2 hours of time in the internet.

**Table 2** shows that 58.4% belongs to moderate problematic cell phone overuser, 31.7% of students were mild problematic user, 3 % of students belongs to severe problematic user category and 0.9% are not a problematic user.

**Table 3** analysis reveals that 48 (20.8%) nursing students have no internet addiction; 150 (64.9%) nursing student’s mild internet addiction; 33 (14.3%) nursing students have moderate internet addiction and none of them is severely addicted.

The **Table 4** analysis p-value in the table above is 0.000 which is less than 0.01 and hence we conclude that the correlation coefficient is highly significant at 1% level of significance. Therefore we can conclude that there is high significant correlation

between “Internet Addiction” and “Cell Phone Overuse”.

Analysis depicts that the p-values corresponding to the demographic variables “Age, Course and No. of Hours Spent on Internet/Day” are highly significant (since the p values are less than 0.01) at 1% level and hence we can say that “Age, Course and No. of Hours Spent on Internet/Day” are significantly associated with “Level of Cell Phone Overuse”. All other variables are not significant at 5% level since the p-values are not less than 0.05.

Analysis depicts that the p-value corresponding to the demographic variable

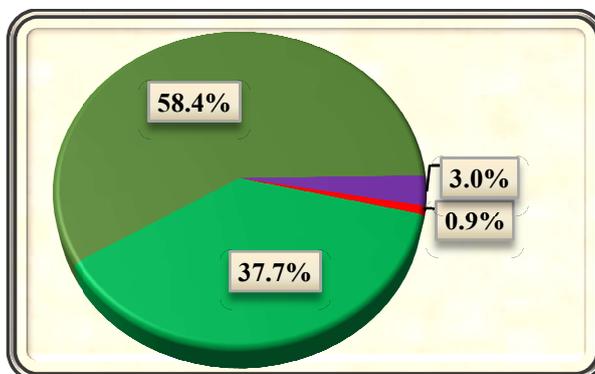
“No. of Hours Spent on Internet/Day” is highly significant (since the p value is less than 0.01) at 1% level and hence we can say that “No. of Hours Spent on Internet/Day” is significantly associated with “Level of Internet Addiction”. Similarly, the p-value corresponding to the demographic variable “Gender” is significant (since the p value is less than 0.05) at 5% level and hence we can say that “Gender” is significantly associated with “Level of Internet Addiction”. All other variables are not significant at 5% level since the p-values are not less than 0.05.

**Table 1: Frequency and percentage distribution of demographic variables among nursing students (N= 231)**

S. No.	Demographic Variables	Class	No. of Students	Percentage
1	Age in years	17- 18	81	35.1%
		19- 20	93	40.3%
		21-22	50	21.6%
		23-24	4	1.7%
		> 24	3	1.3%
2	Gender	Male	19	8.2%
		Female	212	91.8%
3	Course	DGNM	37	16.0%
		B. Sc. (N)	188	81.4%
		P.BB.Sc. (N)	2	0.9%
		M. Sc. (N)	4	1.7%
4	Year of Study	I Year	71	30.7%
		II Year	49	21.2%
		III Year	64	27.7%
		IV Year	47	20.3%
5	Place of Residence	Hostel	129	55.8%
		Home	102	44.2%
6	SIM Card	One	142	61.5%
		More than One	89	38.5%
7	Type Of Social Network	WhatsApp	168	72.7%
		Face book	18	7.8%
		Instagram	6	2.6%
		Messenger	3	1.3%
		Others	5	2.2%
		All the Above	24	10.4%
		None of the above	7	3.0%
8	Number of Hours Spent on the Internet/Day	1-2Hrs	118	51.1%
		3-4Hrs	63	27.3%
		5-6Hrs	22	9.5%
		> 6 Hrs	23	10.0%
		< 1 hr	5	2.2%

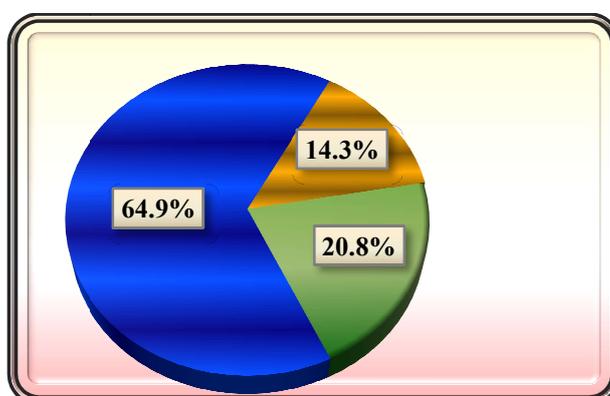
**Table 2: Assessment of level of cell phone overuse among nursing students (N=231)**

S. No.	Level of Cell Phone Overuse	No of Students	Percentage
1	Not a Problematic user	2	0.9%
2	Mild Problematic user	87	37.7%
3	Moderate Problematic user	135	58.4%
4	Severe Problematic user	7	3.0%
Total		231	



**Table 3: Assessment of level of internet addiction among nursing students (N=231)**

S. No.	Level of Internet Addiction	No of Students	Percentage
1	No Addiction	48	20.8%
2	Average Addiction	150	64.9%
3	Moderate Addiction	33	14.3%
4	Severe Addiction	0	0.0%
Total		231	



**Table 4: Correlation between Cell Phone Overuse and Internet Addiction among nursing students (N = 231)**

S. No.	Variables	Pearson's Correlation ( r )	P-Value
1	Internet Addiction	0.437	0.000**
2	Cell Phone Overuse		

**DISCUSSION**

Cell phones presently rule individuals lives and attention owing to their augmented modest and performance. Though, the adverse facets of cell phone use, such as cell phone addiction, have newly been took up [10].

Analysis reveals that 58.4% belongs to moderate problematic cell phone over user, 31.7% of students were mild problematic user, 3 % of students belongs to severe problematic user category and 0.9% are not a problematic user. The results of the current study are reliable with

Suliman S Aljomaa *et al.*, conducted the study on smartphone addiction among 416 university students and Outcomes disclosed that dependence percentage among students was 48% [11] and 48 (20.8%) nursing students have no internet addiction; 150 (64.9%) nursing students mild internet addiction; 33 (14.3%) nursing students have moderate internet addiction and none of them is severely addicted. Sharma B *et al.*, conducted a cross-sectional study aiming to evaluate the incidence of internet addiction and find its related aspects among 1304 undergraduates. Results showed that prevalence of internet addiction was found to be 44% [12].

## CONCLUSION

Use of cell phone and internet addiction for several hours has become common in college students. Nursing students has to realize the importance of cell phone use as well as for beginning and sustaining public effort to avoid the damaging things of overuse.

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## Conflicts of interest

- No conflicts of interest.

## Authors funding

- Self.

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